

# B1400 Bachelor of Sport and Exercise Science / Master of Clinical Exercise Physiology

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Start Date: Semester 1 2024

	Semester 1 Units		Semester 2 Units	
		CP		CP
Year 1 – 2024	BMS101 Introduction to the Human Body	3	EXS102 Human Physiology	3
	EXS124 Introduction to Sports Science	3	EXS116 Functional Human Anatomy	3
	MSP100 Career Learning: Managing Your Career or General Elective (choice)*	3	MSP200 Career Learning: Managing Your Career, or MSP201 Building Enterprise Skills Real World Learning or MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century or General Elective (choice)	3
	SAH100 Foundation Skill for Studies in Allied Health	3	PSY172 Introduction to Psychological Health and Wellbeing	3
	<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>
Year 2 - 2025	Semester 1 Units		Semester 2 Units	
		CP		CP
	EXS201 Sport and Exercise Psychology	3	BSC206 Introduction to Research Methodology and Evidenced Based Practice	3
	EXSA202 Exercise Physiology 1	3	EXS204 Biomechanics 1	3
	EXS203 Health, Fitness and Performance Assessment	3	EXS205 Acquisition of Motor Skills	3
	EXS223 Strength and Resistance Training	3	MSP200 Career Learning: Managing Your Career, or MSP201 Building Enterprise Skills Real World Learning or MSP202 The Search for Everything: Data Analytics and Storytelling in the Twenty-First Century or General Elective (choice)	3
<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>	
Year 3 - 2026	Semester 1 Units		Semester 2 Units	
		CP		CP
	BSC306 Research and Evidenced Based Practice	3	EXS301 Advanced Sports Psychology	3
	EXS303 Exercise Programming and Prescription	3	EXS302 Exercise Physiology 2	3
	EXS305 Advanced Skills and Motor Control	3	EXS304 Biomechanics 2	3
	EXS306 Physical Assessment and Rehabilitation	3		
EXS309 Exercise Science Practicum**	0	EXS309 Exercise Science Practicum	3	
<b>Total</b>	<b>12</b>	<b>Total</b>	<b>12</b>	

Year 4 – 2027	Trimester 1 Units	CP	Trimester 2 Units	CP	Trimester 3 Units	CP
	EXS501 Cardiopulmonary Rehabilitation	3	EXS505 Clinical Research in Exercise Physiology****	0	EXS505 Clinical Research in Exercise Physiology	3
	EXS502 Metabolic Rehabilitation	3	EXS590 Research Methods in Exercise Science	3	EXS504 Advanced Topics in Exercise Physiology	3
	EXS503 Neuromuscular Rehabilitation	3	EXS602 Workplace Injuries and Prevention	3	EXS604 Allied Health Professional Practice	3
	EXS603 Exercise Physiology Practicum***					12
	<b>Total</b>	<b>9</b>	<b>Total</b>	<b>6</b>	<b>Total</b>	<b>21</b>

**TOTAL CREDIT POINTS 108**

Semester notes	Trimester 1 notes	Trimester 2 notes
<p>*There's flexibility in the order you choose to enrol in the general elective unit, MSP100 and (your choice of) one of the MSP200 level units. This flexibility allows you to choose your general elective unit from available elective units in both semesters. However, please note, <b>you must complete MSP100 before the MSP200 level unit.</b></p> <p>**EXS309 is a full year unit; you enrol in it only once, semester 1, and exit it in semester 2.</p>	<p>***EXS603 Exercise Physiology Practicum is a full year unit; you enrol in it only once, in trimester 1 and exit it in trimester 3.</p> <p>There is no external practicum in trimester 1; to qualify for external practicum you must first complete EXS501, EXS502 and EXS503.</p>	<p>****EXS505 Clinical Research in Exercise Physiology runs across trimesters 2 and 3; you enrol in it only once, in trimester 2, and exit it in trimester 3.</p> <p>EXS505 and EXS603 are corequisites; ordinarily, you must be enrolled in both at the same time.</p>

**Please note:** This course plan is a sample only and must be read in conjunction with the full course structure, unit prerequisites and enrolment options as outlined in the [Handbook](#). Students should note that due to unit prerequisites, commencing study in Semester 2 may extend the duration of the course. This information is correct as at 18/10/23.